

Chicken or Turkey a la King

Meal Components: Starchy, Meat / Meat Alternate

Main Dishes, D-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Trans fat-free margarine	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp	1. Melt margarine. Add flour and stir until smooth.
Enriched all-purpose flour	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup	
Chicken or turkey stock, non-MSG		1 gal		2 gal	2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Instant nonfat dry milk, reconstituted		1 qt 2 3/4 cups		3 qt 1 1/2 cups	
Poultry seasoning		1 1/2 tsp		1 Tbsp	3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion powder		1/4 cup		1/2 cup	

*Cooked chicken or turkey, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned low-sodium green peas, drained	6 lb 6 oz	3 qt 1 3/4 cups (1 1/2 No. 10 cans)	12 lb 12 oz	1 1/2 gal 3 1/2 cups (3 No. 10 cans)	
OR	OR	OR	OR	OR	
Frozen green peas	5 lb 12 oz	3 qt 2 cups	11 lb 8 oz	1 gal 3 qt	
Pimientos, chopped, drained	4 oz	1/4 cup 2 Tbsp	8 oz	3/4 cup	5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (3/4 cup). 7. Serve over cooked rice, noodles, or a biscuit.

Notes
<p>Comments:</p> <p>*See Marketing Guide.</p> <p>Updated July 2014. Restandarization in progress.</p>

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

Serving	Yield	Volume
3/4 cup (6 oz ladle) provides 2 oz equivalent meat and 1/4 cup starchy vegetable.	50 Servings: about 21 lb 5 oz 100 Servings: about 42 lb 10 oz	50 Servings: about 2 gallons 1 ½ quarts 100 Servings: about 4 gallons 2 ¾ quarts

Nutrients Per Serving					
Calories	218	Saturated Fat	1.96 g	Iron	1.63 mg
Protein	22.43 g	Cholesterol	53 mg	Calcium	71 mg
Carbohydrate	14.58 g	Vitamin A	680 IU	Sodium	280 mg
Total Fat	8.07 g	Vitamin C	7.7 mg	Dietary Fiber	2.6 g